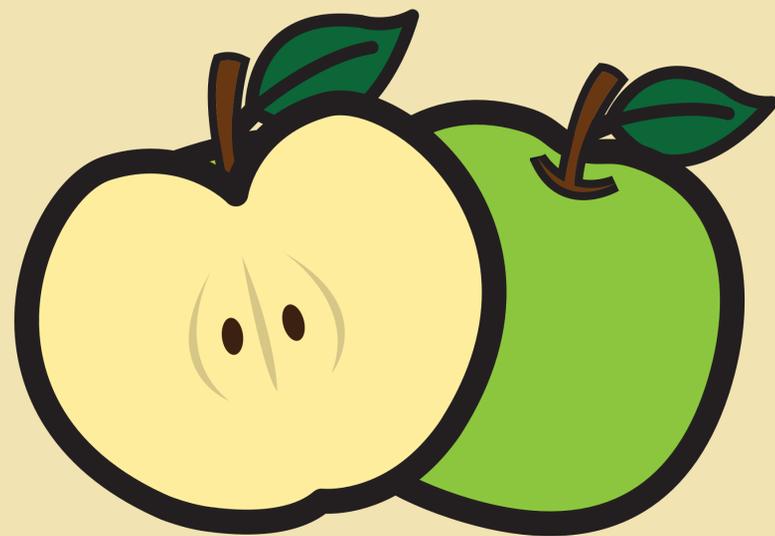


OCTOBER HARVEST OF THE MONTH



VIRGINIA GROWN APPLES



SCAN THE
QR CODE
FOR MORE
HARVEST
OF THE
MONTH
RESOURCES!



TRY APPLES AT HOME!

HEALTH & NUTRITION

Apples are low in fat and calories, and they are completely free of cholesterol. They are a good source of fiber to help your gut and they can help keep your body strong!

Apples are also high in Vitamin C.

? DID YOU KNOW

If the setting is right, some apples are able to be stored for over 5 months without going bad! Winesap, Gingergold, and Stayman are apple varieties that grow well in Virginia.